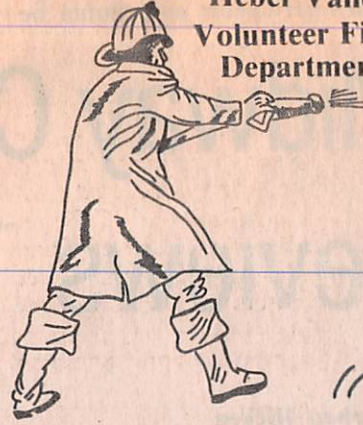


Heber Valley
Volunteer Fire
Department



New Ass't Chief Named

11 Apr 1985

At the regular meeting of the Heber Valley Fire Department,

Mr. Jerry Davis, local building contractor, was named as Ass't. Fire Chief. He succeeds, Mr. Harris Parcell, who with his wife, have excepted a mission call for the LDS Church in the Ohio Akron Mission. Mr. Parcell has served as a fire fighter for the past 16 years, 2 of which he has served as Ass't. Chief.

The new Ass't. Chief has

Dept., in social and fire related functions, such as training seminars, fire prevention activities and equipment.

At the present time the Department is contributing smoke alarms to elderly shutin citizens. The Department has been assisted in this activity by Church organizations in selecting those most in need of a smoke alarm. The alarms are being

by Karl Peterson
Wave Staff Writer
HEBER CITY (April 3)-The
Bureau of Reclamation came to
the county commission meeting
today and found Commissioner
Pete Coleman ready and waiting.
Coleman, irate over the
Bureau's initial proposal for the

Strawberry

April 11, 1985

Just for You

A Self Improvement Seminar

Ladies, do you need a pick-me-up after the long, hard winter? We've scheduled an event just for you. The Homestead in Midway and the USU Extension Service are sponsoring a Self-Improvement Seminar to



Kris Clyde and Amy Lawson check out the fashions at the Self Improvement Seminar, provided by "On Top of It All."

be held at The Homestead April 15-16. Topics to be presented will give you help on how to look and feel better from head to toe!

Have you wanted to learn more about the principles of aerobics and swimnastics as a means of trimming up and getting excellent exercise? Valerie Cowan from Oakley will conduct demonstrations and discussions on these two popular activities. Be sure to bring your bathing suit and exercise outfits as you will be participating.

A new hairstyle and fresh approach to make-up is a great way for any woman to take pride in her appearance. Stylists Gary Call, Andrea Hurley and Janice Rogers from the Mark IV Salon in Park City will show new ways to wear your hair and help you to decide what style is best for you depending on your hair texture, facial structure and lifestyle.

Be treated to a face design demonstration and learn make-up tips and techniques from Klis Hale of Walt Lake. Klis represents LeVoy Cosmetics and helped develop their cosmetic product line.

Cathy Falkner of Mark IV Salon will conduct a workshop on basic nail care which includes a demonstration on those beautiful China Silk Wraps. You can have those beautiful nails that won't

break!

An overall look at mental and physical health is to be approached by Becky Pappas of the USU Extension Service. Becky will conduct sessions on "Total Wellness" (nutrition, fitness, self-esteem), Stress Management and Time Management.

Does your wardrobe look "tired" and seem not quite right? Do you want to learn the secrets of the well-dressed woman? The well-dressed person has learned to put all the different parts and pieces of an outfit together so there is unity and harmony in color, texture, line and shape. Karen Peterson and Julia Hoggon of Salt Lake City and Becky Pappas will conduct a complete program for you including a capsule wardrobe fashion show to be featured during the Monday dinner banquet.

"Look to Spring '85" is the



Lori Olsen Graduates From BYU



each one, but for Lori the effort, challenges and perserverance was much greater than for the normal student.

Due to health problems Lori has had since nine years of age, she had a constant struggle to bounce back after each sick spell, with many days and months missed school, always to catch up and keep her grades in the high

she doggedly and determinedly kept persisting until she realized her dream of becoming a registered nurse as she received her diploma in the School of Nursing Convocation along with thirty-eight other students.

Her parents, Leslie and Joyce Olsen; her grandparents, Leah and Earl Houtz and Erma Olsen, friends and relatives have



Ralph Duke Named New Manager of Safeway's

Wave 16 May 1985



Ralph Duke

Announcement was made Monday to the appointment of Ralph L. Duke as the new Manager of the Heber Safeway store. He replaced Jim Allfrey who was transferred to the West

Jordan Safeway store.

Also promoted was Rick Coleman who now becomes the Assistant Store Manager and Steve Provost to the position of Grocery Manager.

Ralph who is a life-time resident of Heber City began his Safeway career as a high school student in 1967, starting as a bagger. He has had a variety of experiences having held many different positions in the Safeway organization.

Ralph is a graduate of Wasatch High School and after completion of an LDS mission to Australia he attended Ricks College and Utah Technical College. He is married to the former Kim Benshoff and they are the parents of four children. He is currently serving as Bishop of the Heber First Ward and has been involved in civic activities.

Ralph and Safeway look forward to providing you with friendly service and meeting your shopping needs.

